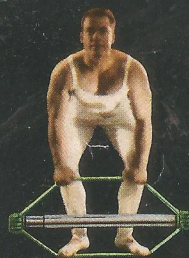
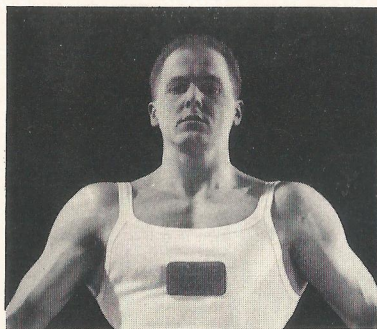


Bullworker

2



vigorous
healthy
athletic



Gert F. Kölbel
Inventor of the Bullworker

The amazing success of the Bullworker 2

If you are interested in Body Building you may have used a chest expander at one time or another. Whilst you can use the Bullworker 2 as an expander, you can also contract it. It is this contraction which makes the Bullworker such a magnificent body builder, and is the reason why the Bullworker 2 outdates all previous methods of body building.

The inventor of the Bullworker 2, Gert F. Kölbel studied the workings of the human body for over ten years. He then produced a proto-type body builder, Bullworker 1, of which the present apparatus is a development. Most of the exercises in this brochure were developed personally by Herr Kölbel, and the principle on which they are based is known as Isometric Contraction. Today scientists and doctors all over the world are working actively to spread this type of exercise. The Bullworker itself has been ordered by European Government bodies and Hospitals. The German Olympic Team trained with it during the last Olympic games, and it has been favourably reported upon on both television and radio. Month by month it is being sold in more and more countries throughout the world.

Your body possesses about 500 muscles

Using Isometric Contraction you can build up and strengthen more than 300 of your 500 basic muscles. The power of these new exercises is quite fantastic. This was shown in the most dramatic possible way by Bob Hoffmann the famous American Athletic Coach. Louis Reike was one of the weightlifters used in Hoffmann's experiments. Prior to using Isometrics, he was a 'middle of the road' lifter usually making the National Championships but never winning the title. He went into secret training specialising in Isometric movements for a period prior to the U.S. Senior Championships and came out to win the Lightheavy title setting a new World Record Snatch into the bargain. This is even more noteworthy when one considers that Reike was nearly 40 years of age at the time!

You can imagine the success that isometric exercises have had in America. Remarkable scientific reports, such as Hettinger's "Physiology of Strength," and several articles in Reader's Digest have played a leading part in this interest. Basic research was carried out in the field by Professor Dr. E. A. Muller and Professor Dr. Steinhaus at the Max-Planck-Institute in Germany. Today famous Olympic athletes, not only in Germany but also in Russia and America train using the principle of Isometric Contraction. The kind of results which used to be considered impossible are now achieved as a matter of course.

Basically it is quite simple. Isometric Contraction, although remarkably effective, is not easy to practise. The art of developing particular groups of muscles is very complex. Bullworker 2 makes it easy without having specialised scientific knowledge, to build your body within a remarkably short time using the principles of isometrics. Using the Bullworker 2 you can train your body throughout to produce a superb muscular system. Perhaps the most astonishing thing about the Bullworker system is that most of the exercise last only seven seconds; and these exercises don't merely strengthen the muscles: they also strengthen internal organs.

The best way to strengthen your muscles

The traditional method of body building requires a considerable amount of effort, using heavy weights and putting in hours of tiring work. There is no guarantee at all that you will get satisfactory results: in fact it is basically a very wasteful method of building muscles. Furthermore your success using these methods depends very greatly upon the amount of will-power you exert. With Bullworker 2 the element of chance is eliminated. Your results are guaranteed.

How Bullworker 2 develops the three basic types of body

1. The Abdominal (a compact rounded shape, few muscles, and a heavy bone structure). With this type of body the Bullworker removes the fatty

tissues and increases the muscle substance. Each week more and more inches are reduced around the stomach, and at the same time the chest measurements expand. Arms and legs gain new power. Heart and circulation work more easily. The upper part of the body, instead of being round, becomes V-shaped. And overall endurance is increased.

2. The Thoracic type (slim with light bone structure, scarcely any muscles, inclined to have a bad carriage). Bullworker exercises increase the muscles and change the shape of the body towards the athletic. A flat chest becomes deeper, more powerful. Arms and legs grow strong in a way never known in this type of body. The carriage, or way you walk, is improved the result of strengthening the back muscles. In addition the performance of heart and circulation is improved and the upper part of the body becomes V-shaped. Endurance with this type of body is also increased.

3. The Athletic type (slim with a good muscular system). In cases like these you can expect the maximum possible amount of success with Bullworker. Individual groups of muscles will be improved beyond all measure, and there will be a great strengthening of organic power. The difference between size of chest and slimness of waist will become even greater. The chest will thrust out noticeably above the line of the stomach. Arms and legs will become more muscular and powerful, the back will become V-shaped, and endurance and resilience will be increased quite remarkably.

The Bullworker 2 system of exercises

This brochure shows the main exercises with the Bullworker 2 divided into individual muscular groups. Each exercise, either traction, pressure, or expansion, need to be carried out once daily only. Only in certain cases need you repeat exercises, as we shall explain.

The principle of the Bullworker exercises is based upon the research conducted at the Max-Planck Institute. The principle is simple. The results outstanding. "You can expect an average weekly strength increase of 4 % as a result of one daily exercise lasting 6—7 seconds at about 60 per cent of maximum strength."

This, of course, merely refers to the basic system of Isometric Contraction, which exercises true muscular strength. You can also expect favourable

effects psychologically—upon your will-power—plus physical effects in terms of increased endurance and resilience, improved muscular metabolism, and an improved circulation.

Why does the shape and health of the body depend so much on the muscular system?

Skinny people and fat people both have weak muscular systems. All that is basically required is for the muscular system to be improved. Thus, in the case of the skinny person, his shape no longer appears thin, but athletic. The bony, angular formation is surrounded by muscular fibre.

If the fat person exercises his muscular system the fat covering is removed. You will find remarkable success, for example, in the case of a large waistline. Heart and circulation can also function much better after the fat has been removed.

But this is not all. The Bullworker affects not only the muscular system but other organs. The heart, of course, is a muscle. The lungs are moved by means of muscles, and both digestion and circulation depend upon muscular strength. So the effect of the Bullworker is felt throughout the whole body, and influences your entire health for the better.

How to recognise a weak, un-exercised muscular system?

Here are the symptoms:

- A waistline which is greater in size than your chest.
- A sunken chest.
- Thin or fat arms, which tire quickly.
- A bent carriage.
- Flat, incorrect breathing.
- Violent heart-beats after climbing stairs.
- A protuberant stomach.
- Drooping, narrow shoulders.
- A general lack of endurance.
- A continual desire to sit down.
- Pigeon-toed or splay-footed walking.

How Isometric Contraction works in practice

The remarkable thing about Isometric Contraction is how easy it is. It is extraordinary to think that a once-a-day exercise, lasting **only 7 seconds**, is enough to stimulate the growth of the muscular system. The truth of the matter is that whether you exercise for 15 seconds, one minute, or ten minutes per muscle group the growth will probably never be greater than for an exercise lasting 7 seconds.

British Patent 968 180
Canadian Patent 689 069
Australian Patent pendent
US Patent pendent



Perhaps even more surprising is the fact that you don't use **all** your strength with these exercises but only need use 60 %. This is sufficient to exercise your strength and change your body contours favourably and rapidly. Although you do not **have** to repeat an exercise, successive repetitions do improve the circulation, and rapid repetitions of an exercise increase resilience, as you will see in our Medical Report later in this brochure. When you use the Bullworker for **pressure**, you must compress it as far as possible and hold this pressure for seven seconds. When you are using it for **traction**, you pull the equipment as far as you can and again hold the position for seven seconds.

No other training system can give you as great a success faster. No other training system can save you so much time, yet bring such remarkable results.

1. Compress the equipment as far as possible, hold the pressure, count slowly to seven, then release.
2. Pull equipment as far out as possible, hold the position for seven seconds, then release.

Using these astonishingly simple exercises the muscular system gains at least 4 % strength week after week. No sport could ever provide such a result. If success is judged in terms of a technical graph, the curve of the success incline follows a parabolic path. The exercises will lead to optimum fitness and strengthening of all muscle groups.

Medical Journals have testified enthusiastically to the results of Isometric Contraction. It is widely regarded as completely superior to any other method. Professor Dr. Steinhaus, formerly of the Max-Planck Institute and now working in America, has said that an increase of 4 % strength each week can be expected, and there is no reason why you should not double your strength in six months.

You will notice that after practice the veins of the muscular system of the arms are well displayed. This demonstrates the good blood supply to the nerves and arteries achieved through the Bullworker exercises.

The Bullworker is assembled by hand from specially made components

The Bullworker is made of wear-resistant individual parts. These are carefully fitted and assembled in the manufacturing department of the Gert F. Kölbel company. The equipment is fully chromium plated. High grade steel, perlon, thermoplastic synthetics and linen are the only materials employed.

The built-in compressive steel spring is permanently set and never slackens. Careful insulation ensures the greatest possible sound-damping. The perlon traction rope carries a steel core, which is sealed at 12 tons pressure. It is therefore impossible to break the rope. The locking-point is situated inside a handle, which can be pulled out sideways for checking purposes when the equipment is pressed lightly together.

The weight of the Bullworker is about 6½ lbs. In spite of this it offers continuous resistance of 6 to 750 lbs. measured in the muscular system: so here you have a powerful piece of equipment which is easily portable. The Bullworker is, of course, accident-proof because a handle released by accident is automatically stopped again at the end of its course. Each piece of equipment is tested by two technical members of the staff before it leaves the company.

You can see the price of the equipment from the enclosed order form. The illustration shows the design finally perfected in November 1964. We doubt very much whether this can ever be surpassed technically.



Now a personal service to British clients from Dave Prowse... under contract to the Bullworker Organization

Dave Prowse is possibly Britain's outstanding expert on physical fitness. He was British Heavyweight Weightlifting Champion in 1962/3/4, a Mr. Universe Finalist and is an acknowledged authority on all aspects of Physical Training, Weight Training and both Isometric and Isotonic training.

Dave Prowse will assess you personally

When you buy Bullworker, you will be given a FREE personal assessment by Dave Prowse. You will be advised on your prospects, and on how much you can expect Bullworker to achieve for you. Factors such as body shape, diet, personal habits, aptitudes and preferences will all be included in his assessment.

Dave Prowse offers free advice

Whenever you have any queries about your training, you can write to Dave Prowse, and he will personally answer you. Whatever you are particularly interested in achieving, Dave Prowse will enable you to achieve it as fast and as effortlessly as possible.

A service without equal anywhere

This service is available only to British Bullworker clients. Even the German Head Office of the Bullworker Organisation has nothing to better this. We are pleased and proud to have been able to secure the services of Dave Prowse. Furthermore, his advice makes the Bullworker 2 service so comprehensive and personal that we very much doubt whether anything in the world today can match it.

Your Bullworker 2 has been tested by Dave Prowse

Not only does Dave Prowse offer all these services—he personally tests your appliance before it leaves our despatch centre. This is a really individual service.

You are offered the services of Dave Prowse entirely free. He will supervise your training from start to finish.





Chest muscles

1. Keep the equipment strongly compressed for 7 seconds at about stomach height. The more the arms are stretched away from the body in this, the more difficult it is.

Main effect: Chest (3).

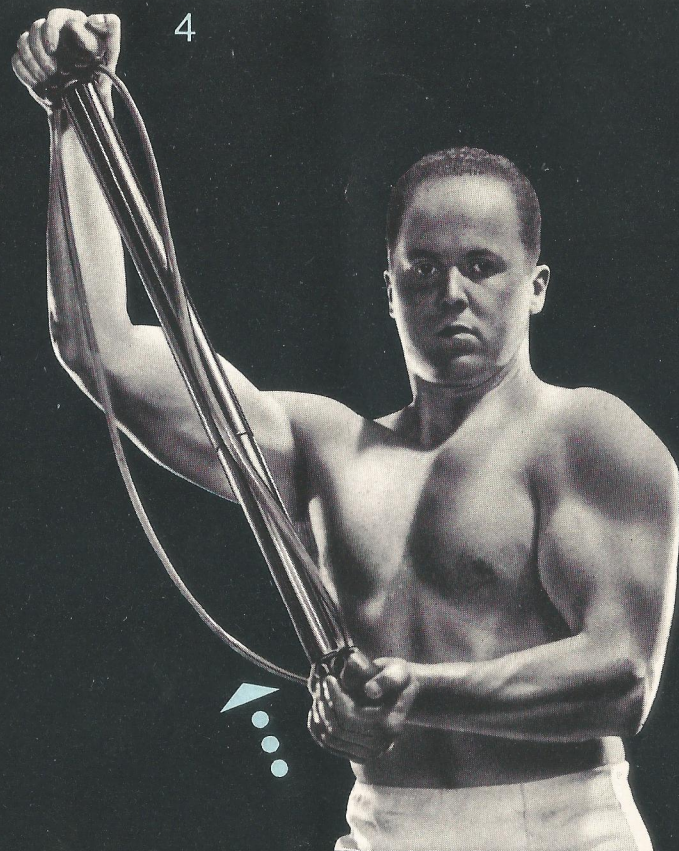
Side effect: Forearm (2), front upper arm (1), shoulder (8).

2. At about stomach height twist both the traction ropes of the equipment outward with bent arms and hold for 7 seconds (see illustration).

According to training progress, the arms can be stretched more and more with this.

Main effect: Chest (3).

Side effect: Forearm (2), shoulder (8).



Arm muscles

3. Hold the equipment vertically, and like a long-bow pull the traction ropes away from each other for 7 seconds. Then change hands.

Main effect: Rear upper arm (12).

Side effect: Front upper arm (1), broad back (10).

4. Hold equipment in a vertical position and press the lower handle upwards with bent arm for 7 seconds. Then change arms.

Main effect: Front upper arm (1).

Side effect: Forearm (2), broad back (10), chest (3).

5. Place the equipment vertically against the knee. Place the hands one on top of the other on the upper handle and press downwards for 7 seconds with bent arms.

Main effect: Rear upper arm (12).

Side effect: Front stomach (4).

6. With one foot press a tension cord and with one arm raise the other cord. Then change the arms.

Main effect: Front upper arm (1).

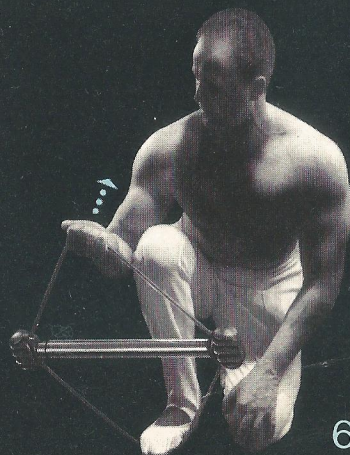
Side effect: Shoulder (8), forearm (2).



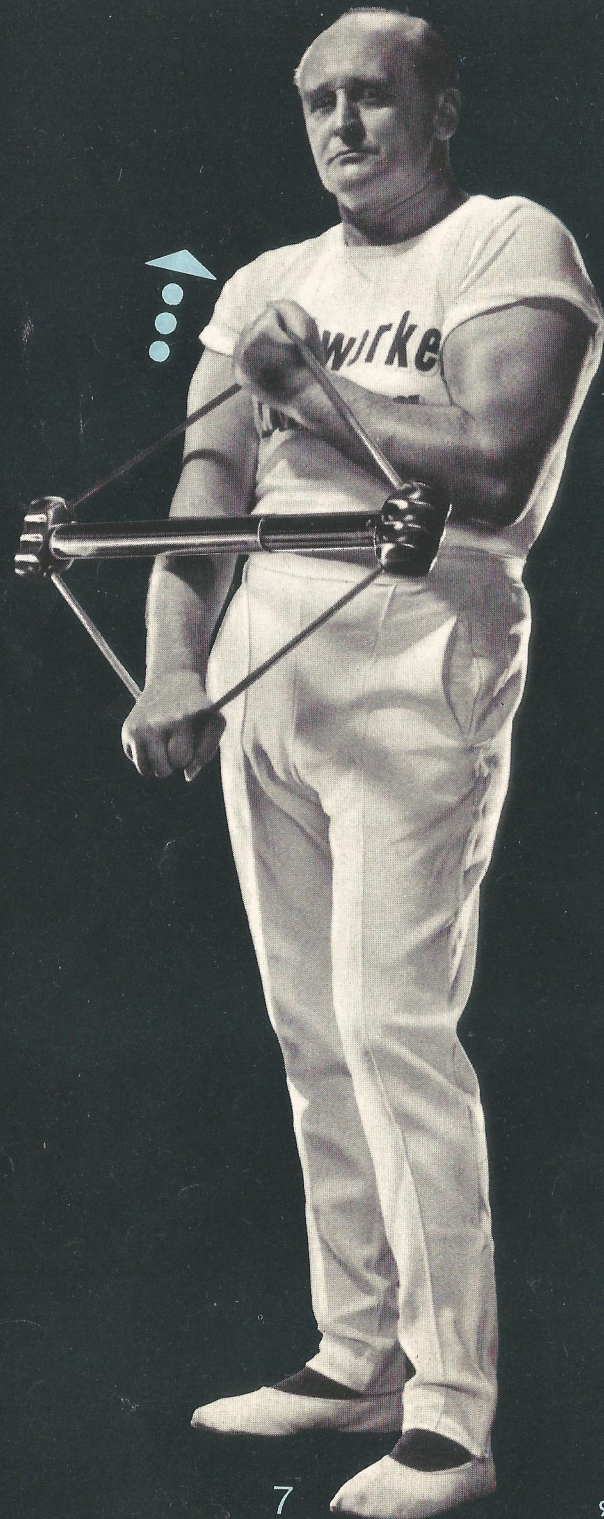
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7. Grasp the cord with both hands;
with one arm pull downwards and
with the other pull upwards. Then reverse arms.

Main effect: Front upper arm (1).
Side effect: Rear upper arm (12), shoulder (8).

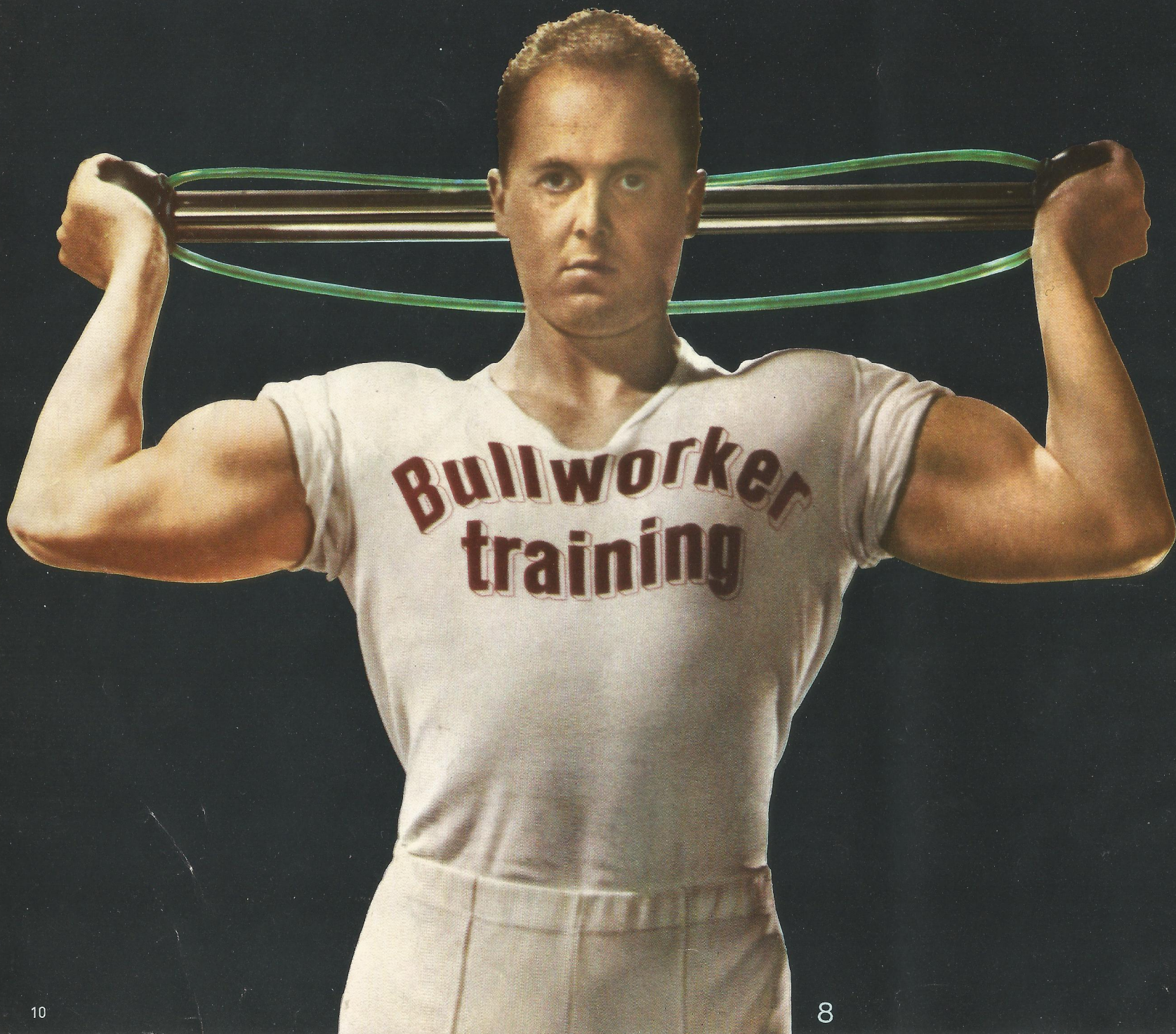


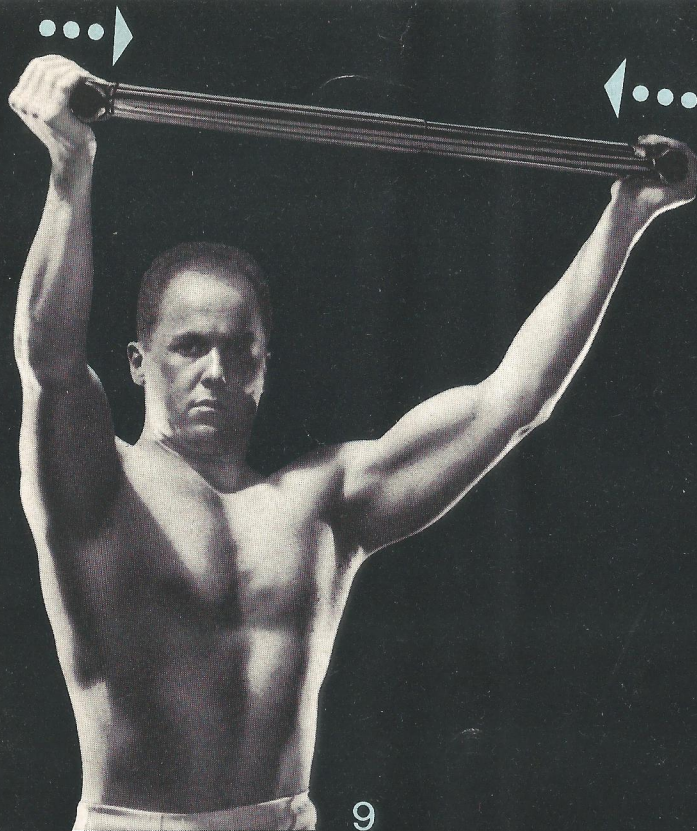
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9





Shoulder muscles

8. Hold the equipment behind the head and compress it with bent arms for 7 seconds.

Main effect: Shoulder (8), front upper arm (1).

Side effect: Upper back and neck (11 and 13).

9. Lift the equipment above the head with arms stretched as much as possible and compress for 7 seconds.

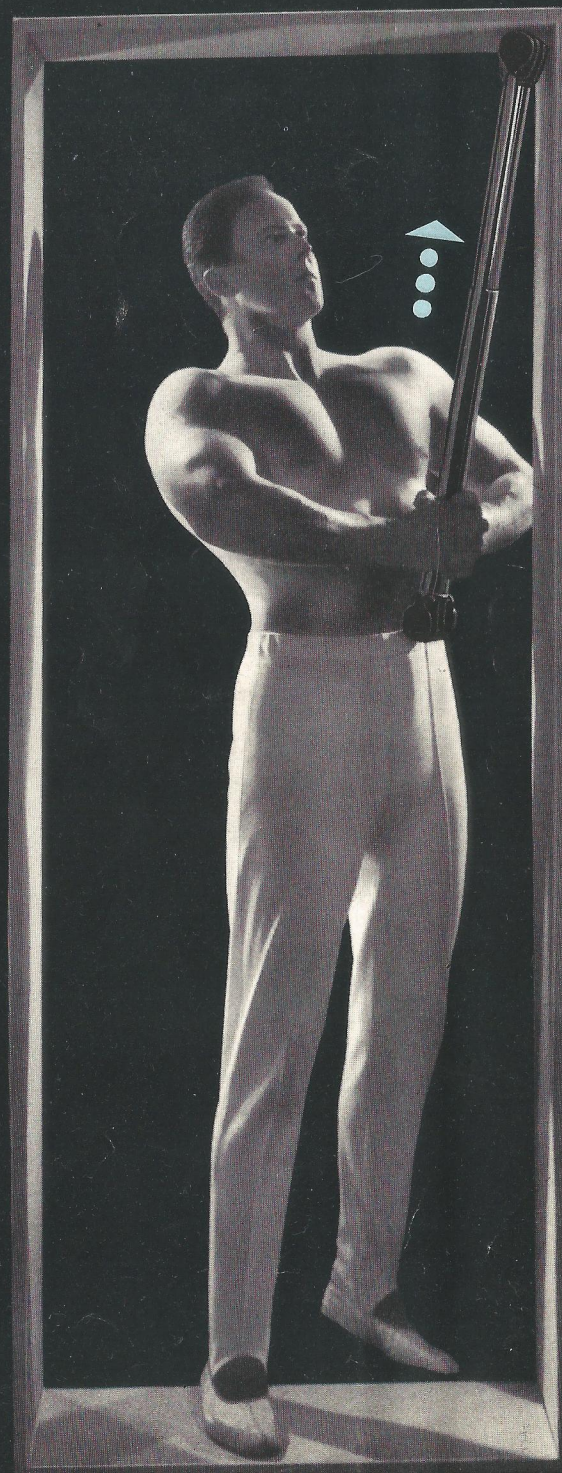
Main effect: Shoulder (8).

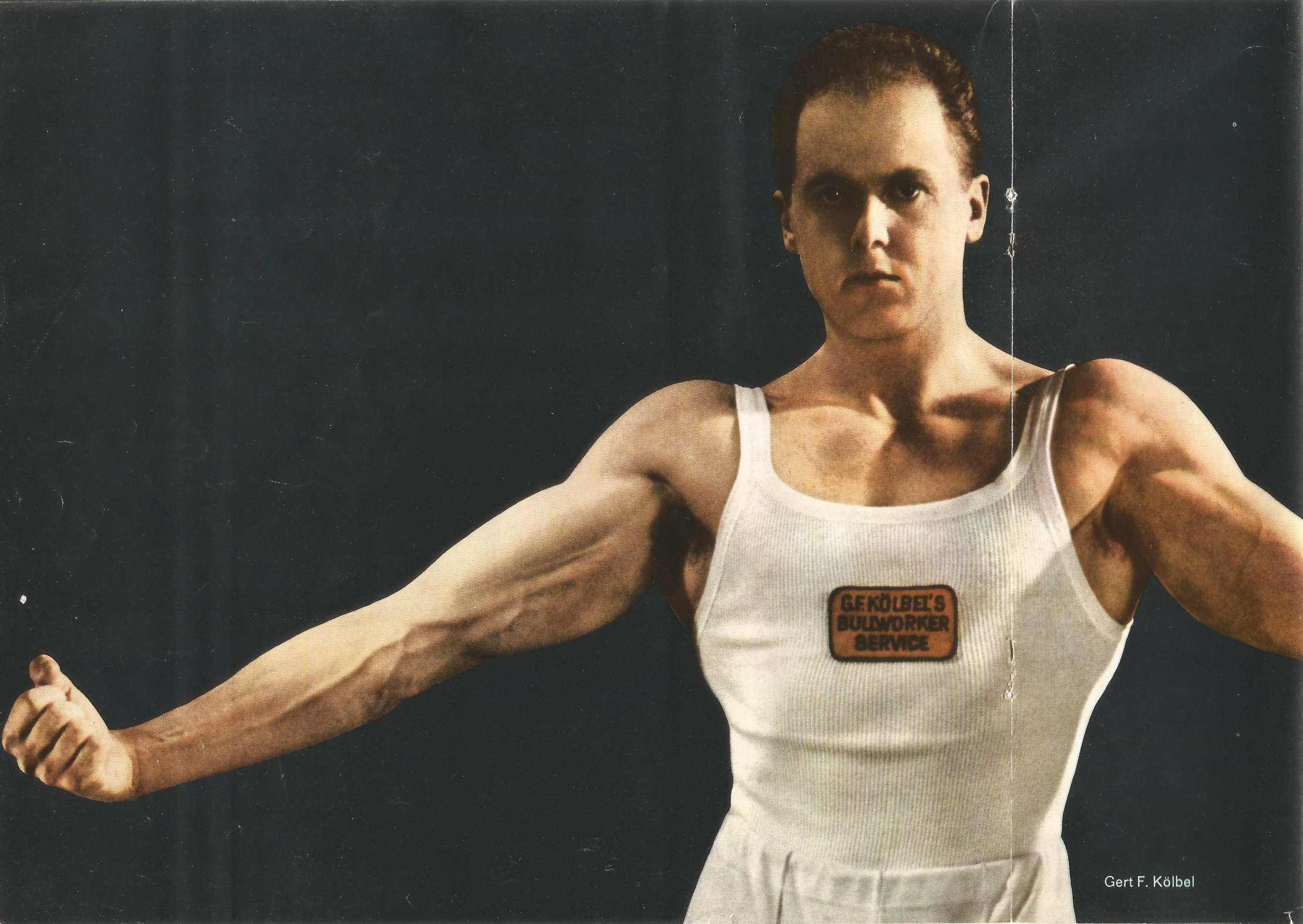
Side effect: Front upper arm (1), upper back and neck (11 and 13).

10. One handle of the equipment is placed in the corner of a door frame and the bottom tube is grasped. The equipment is then pressed upwards for 7 seconds.

Main effect: Shoulder (8).

Side effect: Lower back (14).

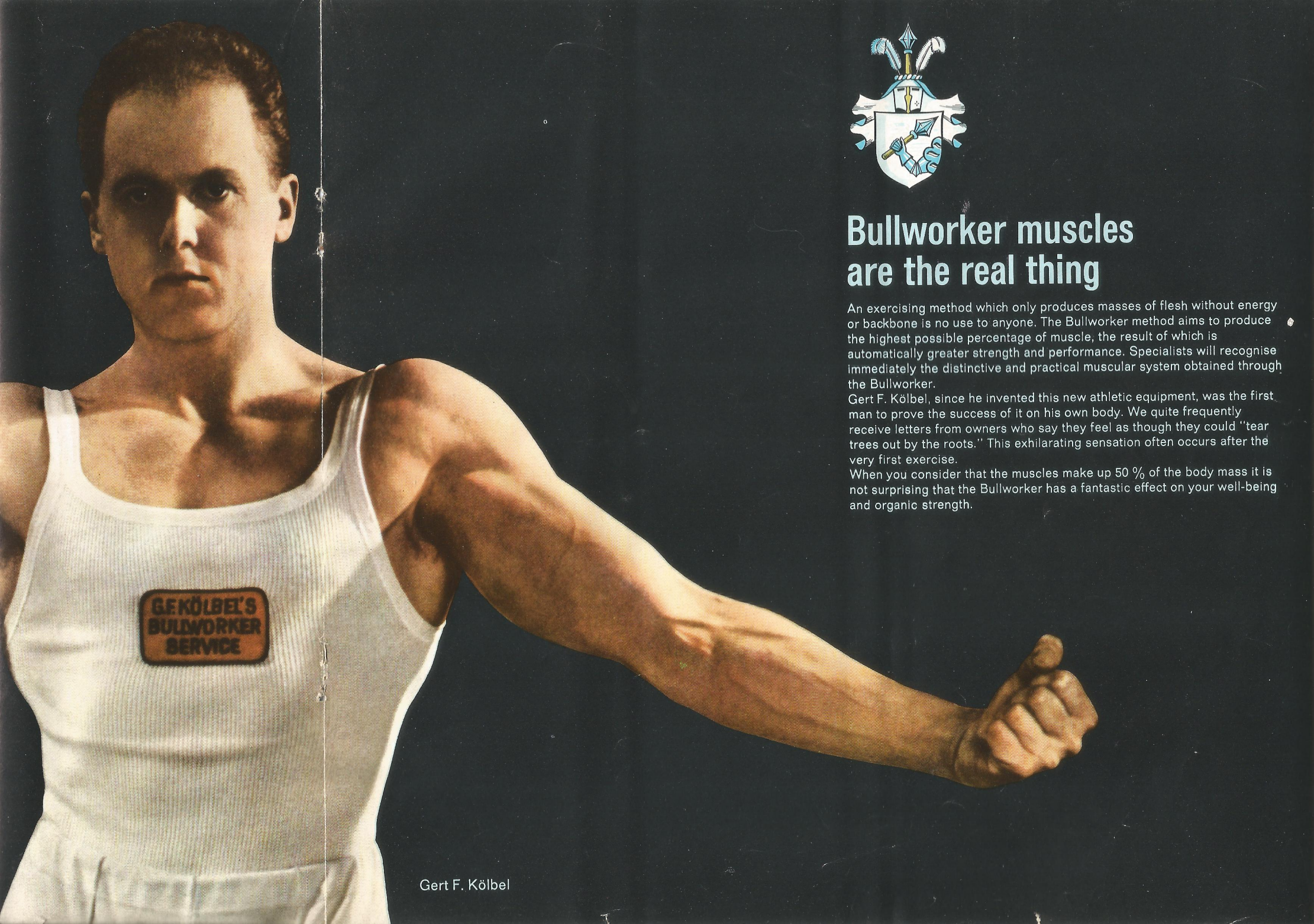




Gert F. Kölbel



Gert F. Kölbel



Bullworker muscles are the real thing

An exercising method which only produces masses of flesh without energy or backbone is no use to anyone. The Bullworker method aims to produce the highest possible percentage of muscle, the result of which is automatically greater strength and performance. Specialists will recognise immediately the distinctive and practical muscular system obtained through the Bullworker.

Gert F. Kölbel, since he invented this new athletic equipment, was the first man to prove the success of it on his own body. We quite frequently receive letters from owners who say they feel as though they could "tear trees out by the roots." This exhilarating sensation often occurs after the very first exercise.

When you consider that the muscles make up 50 % of the body mass it is not surprising that the Bullworker has a fantastic effect on your well-being and organic strength.

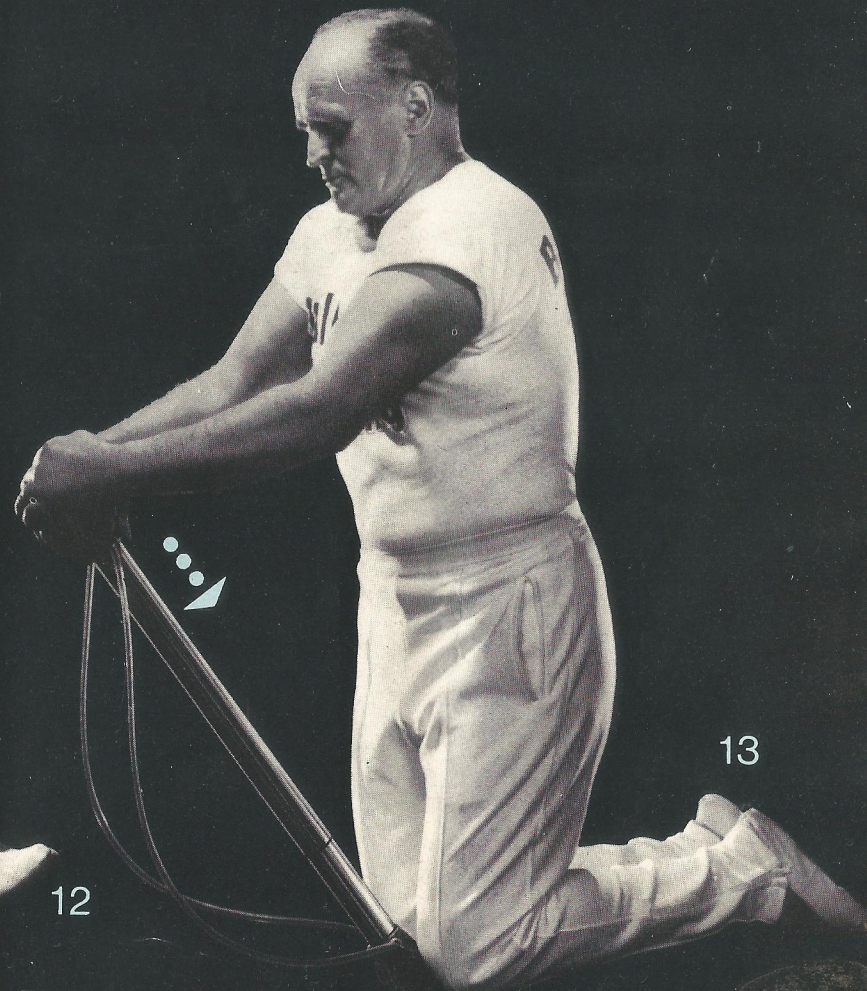
Gert F. Kölbel

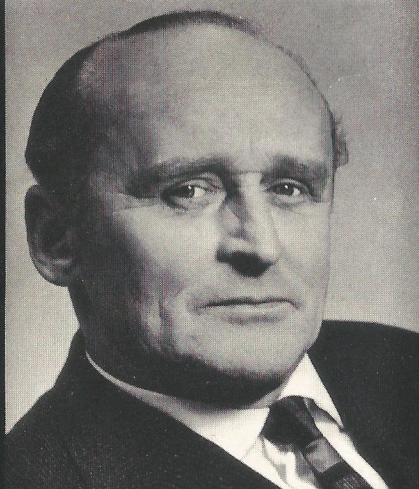
How to reduce your stomach measurements

H. F. Phillip, Chief Trainer of the Gert F. Kölbel Company shows you here the most effective stomach muscle exercise he has ever developed. Using this exercise the size of the stomach will be reduced week by week, as the fat molecules lying above the muscular system of the stomach are demolished.

The whole of the alimentary canal will be stimulated and normalized. Furthermore, the exercises have a favourable effect upon hip, vertebral column and midriff. Strengthened bloodstream through the midriff exerts a tonic effect on the sensitive nervous system.

To reduce the stomach measurements these individual exercises should be repeated 8-10 times. This will also exercise the circulation and the performance of the heart. If on the other hand you merely wish to exercise the muscular system of the stomach in the normal way exercises need only be performed once. Naturally each exercise should be maintained for 7 seconds.





An English doctor, Doctor Howells: "If your stomach measurements are 15 % larger than your chest measurements your expectancy of life is decreased by 25 %!"

H. F. Phillip, Chief trainer,
and head of the Research Studio
of the Gert F. Kölbel Company.

Stomach breathing exercise

11. Pull in your stomach as far as possible while vigorously exhaling. Then count up to 8 and relax the stomach surface again. This exercise can be repeated again anywhere during the day. Think of this at the bus stop, in your car, at the office, in the lift, etc.

Main effect: Stomach wall, midriff, alimentary canal.

Stomach muscles

12. Adopt a seated position and place the Bullworker in a vertical position against the heels. Grasp the upper part of the traction ropes and pull downwards whilst keeping the arms as straight as possible.

Main effect: Front stomach (4).

Side effect: Broad back (10), rear upper arm (12).

13. Adopt an upright kneeling position, then place the Bullworker that the flat side of the bottom handle is against the knees. With the arms outstretched place one hand on top of the other on top of the Bullworker, compress as far as possible and hold for 7 seconds.

Main effect: Front stomach (4).

Side effect: Broad back (10).

14. Whilst in an upright kneeling position place one end of the Bullworker on the outside of one knee. With the Bullworker at an angle of approx. 60° twist the trunk and place both hands on the upper handle. Keep the arms as straight as possible, compress in the direction of the arrow and hold for 7 seconds.

Main effect: Side stomach (5).

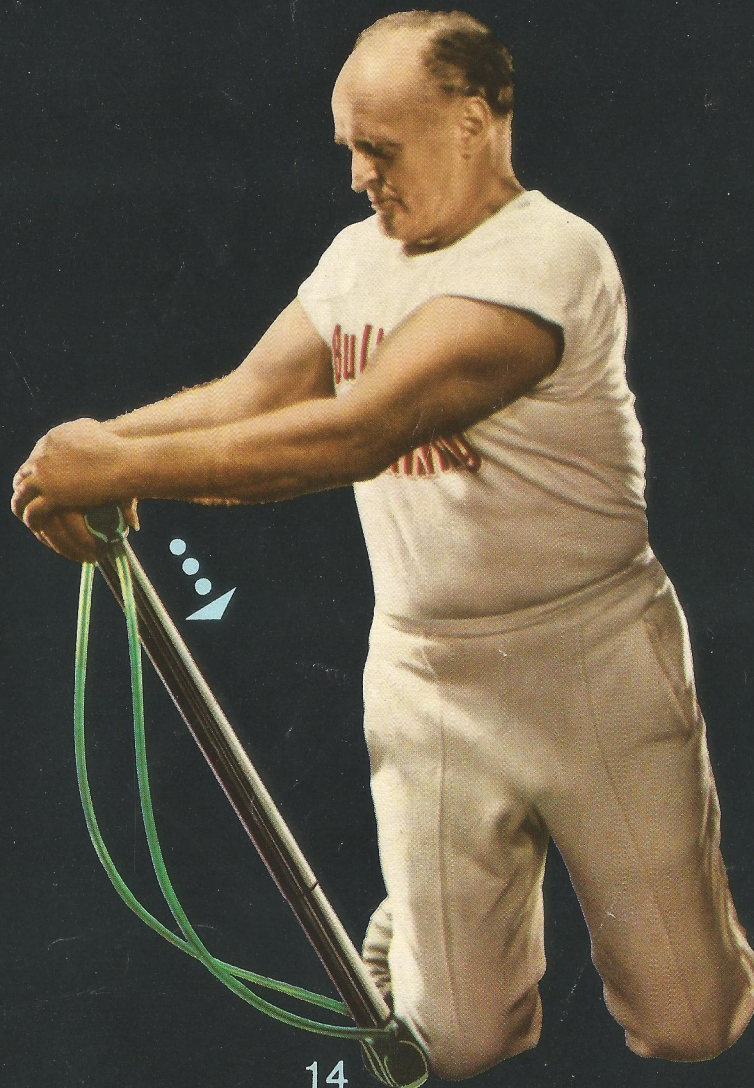
Side effect: Front stomach (4), broad back (10)

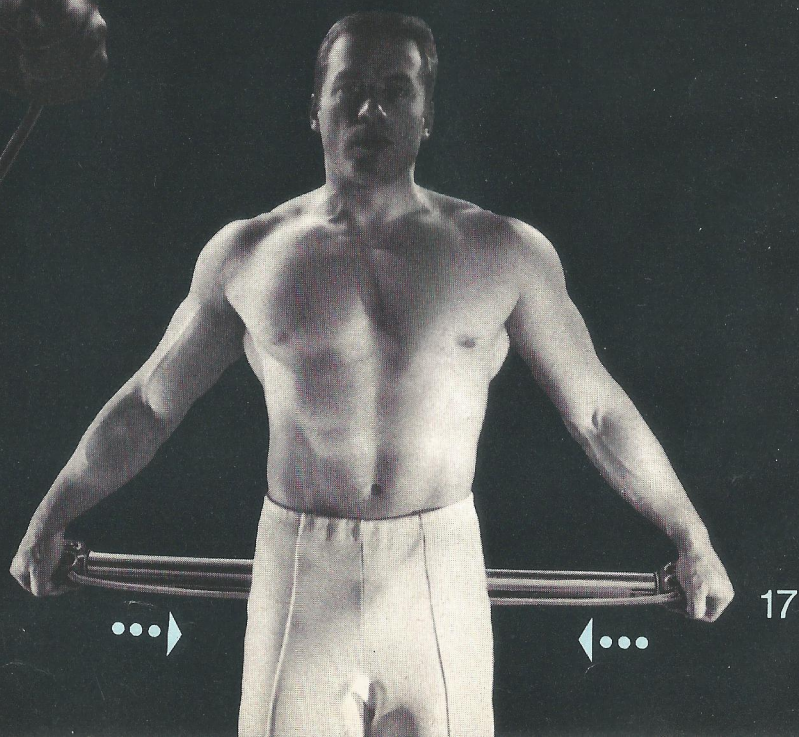
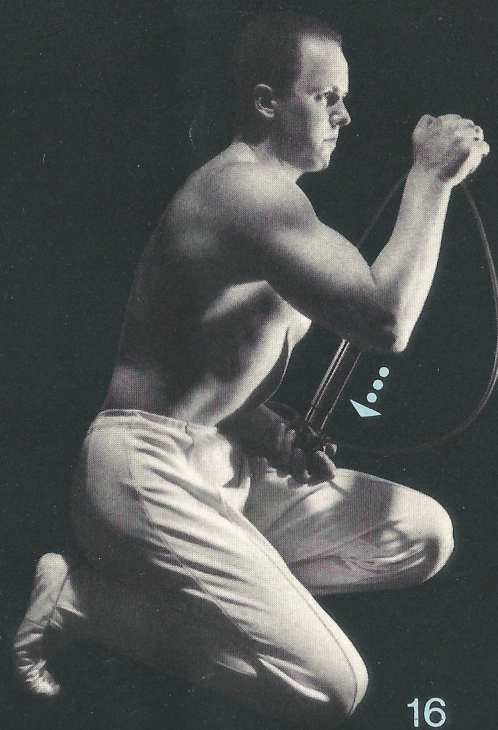
IMPORTANT NOTE ON REDUCING

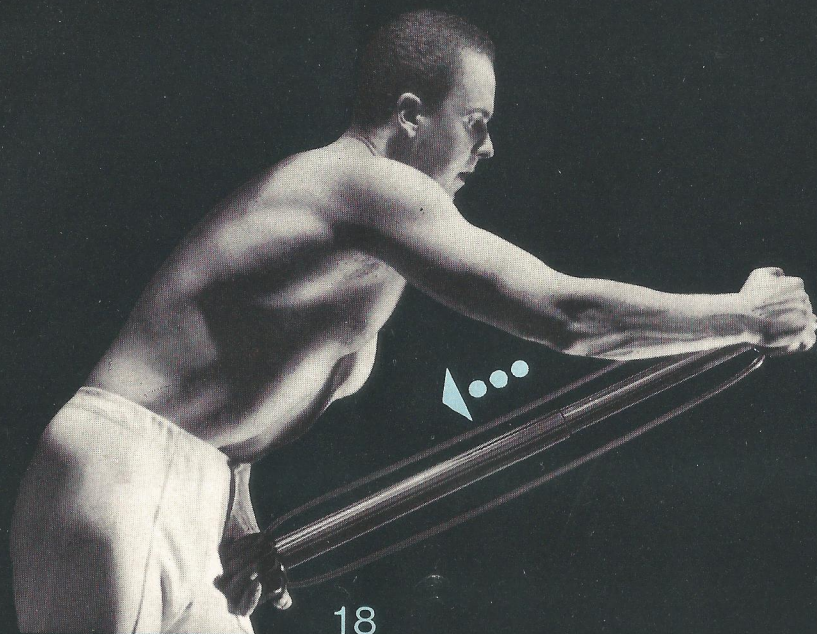
1. Each exercise should be done in 3 sets of at least 20 repetitions of the movement only **without** the 7 second hold.

2. You must follow our diet advice.

3. You must wrap up well to get results.







18

Back muscles

15. While kneeling, press the Bullworker with one end against the knees. Then grasp the middle of the traction ropes with both hands and pull downwards for 7 seconds.

Main effect: Broad back (10).

Side effect: Rear upper arm (12), front stomach (4), side chest (9).

16. Hold the equipment level with the thigh and with the other hand and the arm bent pull the upper handle downwards. The tension must be maintained for 7 seconds. Exercising is then carried out on the other side of the body.

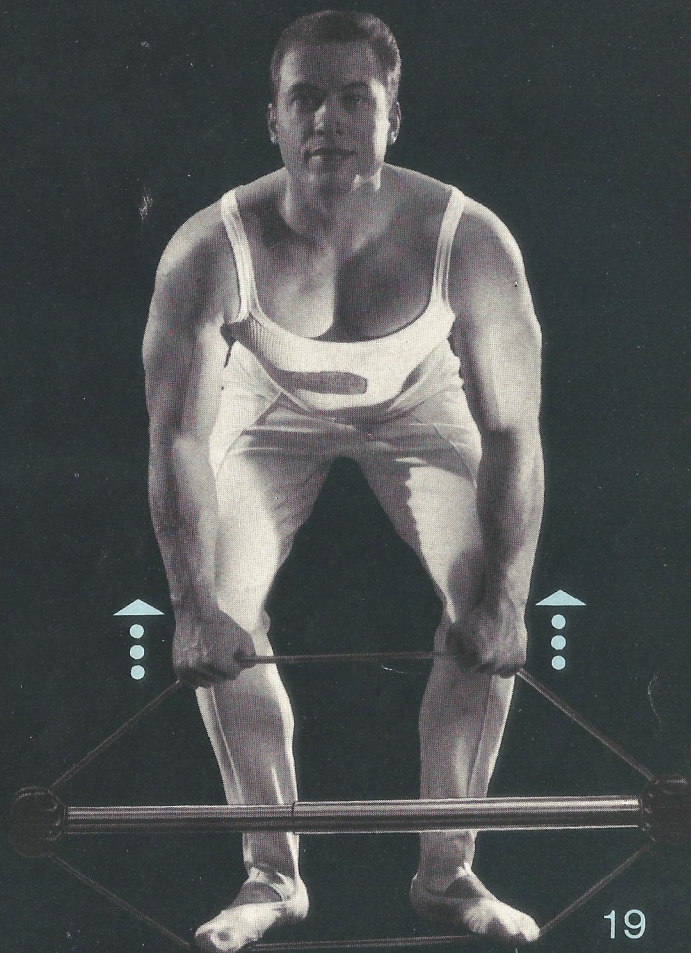
Main effect: Broad back (10).

Side effect: Upper back and neck (11 and 13).

17. Hold the equipment behind the back and compress it with slightly bent arms. Hold the tension for 7 seconds. This method is one of the most difficult exercises and beginners cannot normally include this in their programme until they have exercised for 3 to 4 weeks.

Main effect: Broad back (10), upper back and neck (11 and 13).

Side effect: Front upper arm (1).



19

18. The equipment is held with one hand at the height of the thigh and compressed for 7 seconds in the direction of the arrow with the arm stretched as much as possible. The other side of the body is then exercised.

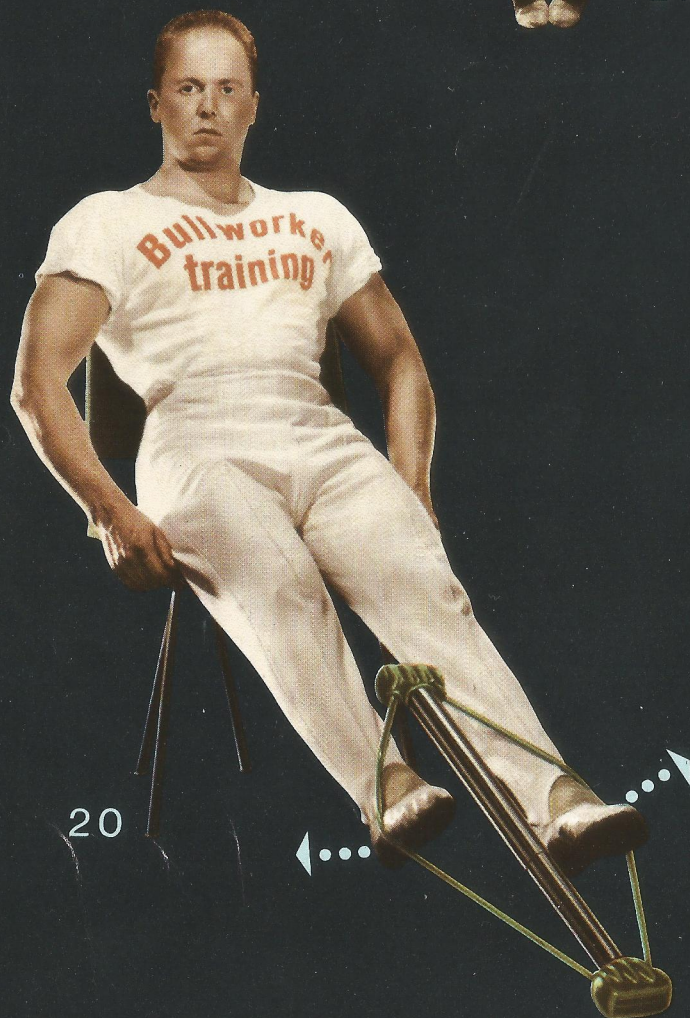
Main effect: Broad back (10).

Side effect: Upper back and neck (11 and 13), rear upper arm (12).

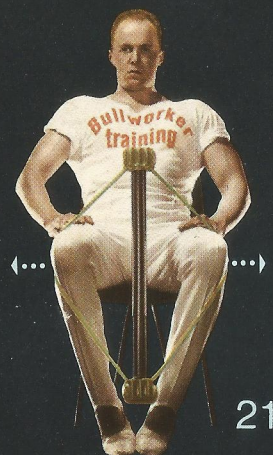
19. Step on one traction rope with both feet and pull the top traction rope upwards, as shown in the illustration. This exercise may be repeated a few times, by which it becomes simultaneously a circulation exercise.

Main effect: Lower back (14).

Side effect: Posterior (15).



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22

Thigh and calf muscles

20. Sit on a chair and extend the cord with the feet. Hold this straining position for 7 seconds. Stretch the legs to their utmost.

Main effect: Outside thigh (6).

Side effect: Posterior (15).

21. Sit on a chair and place the traction ropes across the knees. Then pull the legs apart and hold the tension for 7 seconds.

Main effect: Front and outside thigh (6).

Side effect: Posterior (15).



22. Place one traction rope of the equipment under the toes and pull the other traction rope up with both hands and hold it. Then press down the foot against the resistance of the rope. Hold this tension for 7 seconds. The other leg is then exercised.

Main effect: Calf (7).

Side effect: Lower foot (18).



23. Sit on a chair and grasp both traction ropes of the equipment at the same time (see illustration). Support the forearms on the inside of the knees and then press the forearms inwards with the legs. Hold the tension for 7 seconds.

Main effect: Inside thigh (17).

Side effect: Forearm (2).

24. Sit on a chair and place one traction rope of the equipment under one foot. Then pull up the other traction rope with the other foot, and pull for 7 seconds as far as possible. Then change over the feet.

Main effect: All thigh muscles (6, 16 and 17).

Side effect: Front stomach (4), lower foot (18).



Circulation exercises

25. Stand in the feet astride position and lift the Bullworker by the traction ropes above your head. Push the ropes outwards as far as possible and keeping the legs straight bend forward from the hips swinging the Bullworker through the legs. Traction should be maintained at all times. Breathe in at the commencement of the movement and exhale when reverting to the upright position.

Main effect: Circulation, heart operation.

Side effect: Vertebral column, midriff, arm (12), back (10).

Exercises Nos. 1, 3, 8, 11 and 20 are also suitable as circulation exercises. These, however, should in that case not be carried out only once for 7 seconds. Instead, the individual exercises should be repeated in a rapid and powerful manner until the participating groups of muscles begin to tire slightly. Then take a short rest of about two minutes, repeat the exercise, rest again, and repeat a third and final time. It is a good idea to include one of these circulation exercises in your training programme every second day. This only needs an additional few minutes.

What should you eat?

Whether you are exercising or not it is always a good idea to eat food containing protein, such as lean meat, curds, cheese, eggs and a lot of milk and fish. If you have always been used to a healthy mixture of food, this is quite adequate. But the more protein you consume, the better your results will be.

Breathing techniques

These simple breathing exercises will help you feel fresh for the whole day and will give your body a good dose of oxygen. As you walk to work or during your leisure hours if you are walking, just conduct this simple exercise. Every three steps you take, breathe in, and then breathe out again during the next five steps. You should breathe evenly, easily and in a relaxed way. Count from 1 to 3 and breathe in during that period; then count from 1 to 5 and breathe out again a little more slowly. If this breathing rhythm should prove too quick for you, you should breathe in perhaps during 5 steps, and breathe out during 8 or whatever you find suits you personally. You should carry on this exercise for about ten minutes no longer.

Main effect: Increase in oxygen, removal of the residual air.

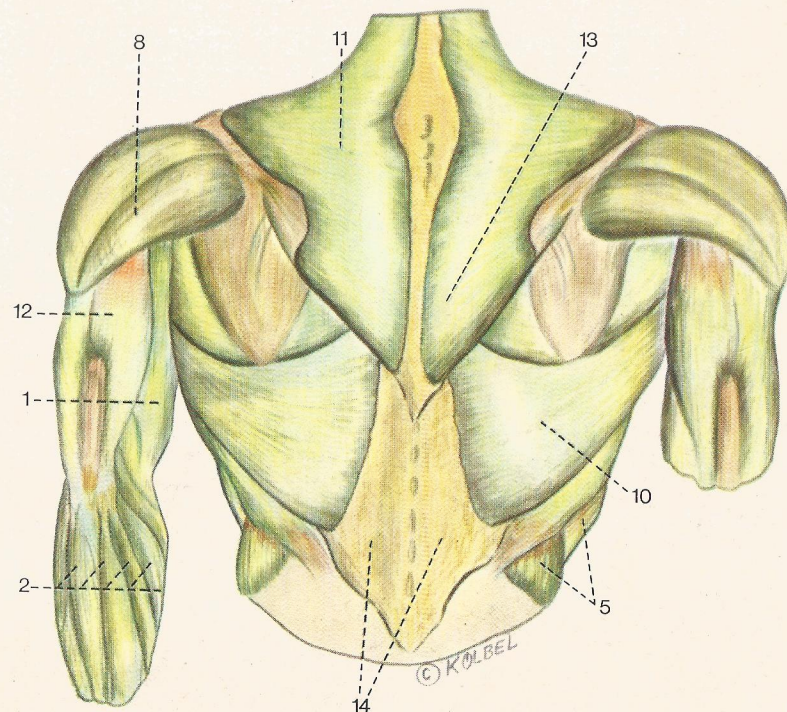
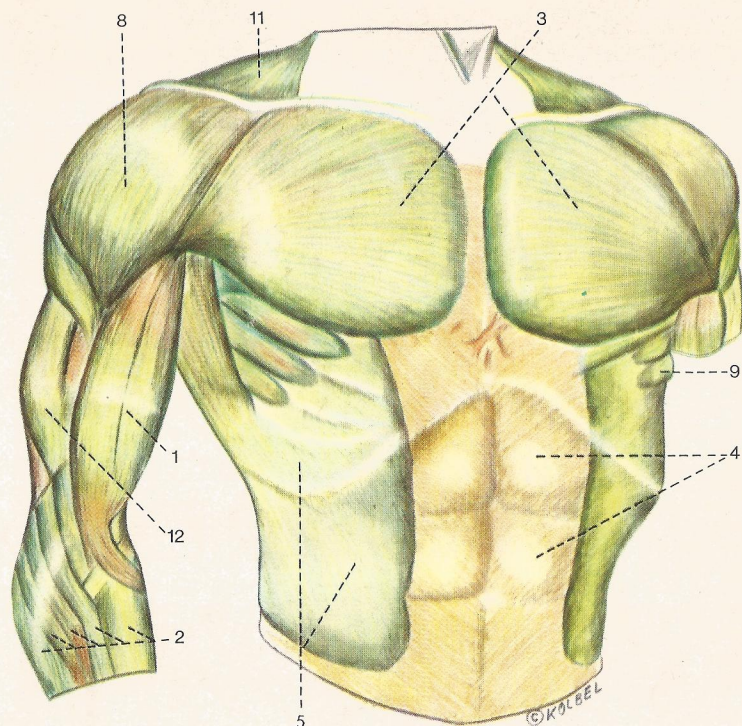
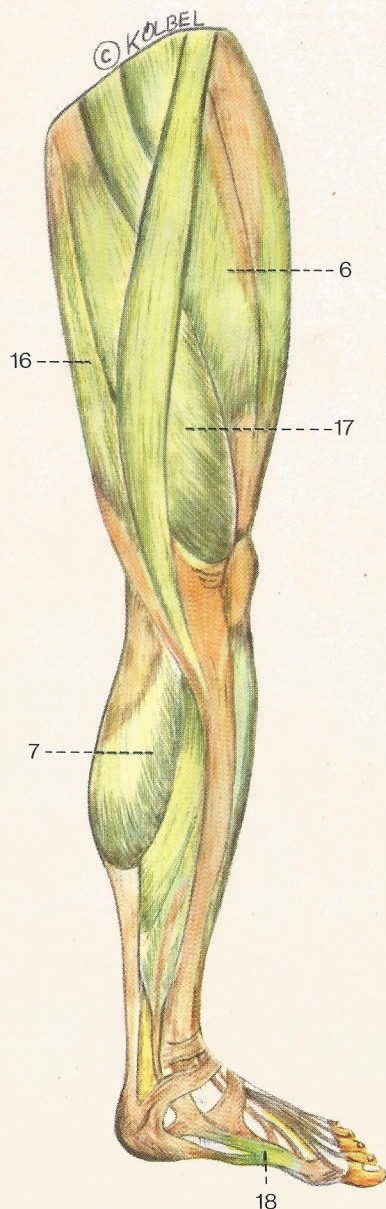
Side effect: The muscles of the respiratory and auxiliary respiratory system.

Muscular groups

The illustrations on the next page show the main muscular groups which are affected by Bullworker training. The drawings show mainly the upper muscular layers. The effect of the exercises in this brochure, however, also extends to deep-lying muscular groups, as well as to organic strength, which is increased by all the exercises.

- Muscular group 1** Front upper arm (Biceps)—ensures an athletic upper arm.
- Muscular group 2** Forearm (Flexors and Extensors)—forms a sinewy forearm.
- Muscular group 3** Chest (Pectorals)—ensures a wonderfully arched chest and deeper breathing.
- Muscular group 4** Front stomach (Abdominals)—prevents fat accumulation on the stomach following exercising.
- Muscular group 5** Side stomach (External Obliques)—forms a narrow waist by being exercised.
- Muscular group 6** Front thigh (Quadriceps)—forms athletic, well shaped thighs.
- Muscular group 7** Calf (Gastrocnemius)—normalizes the shape of the calves.
- Muscular group 8** Shoulder (Deltoids)—procures manly width, prominent shoulders.
- Muscular group 9** Side chest (Serratus Magnus)—lifts the chest.
- Muscular group 10** Broad back (Latissimus Dorsi)—develops the whole upper part of the body into a V-shape.
- Muscular group 11** Upper back and neck (Trapezius)—strengthens the muscular system of the neck and develops the central muscular system of the back.
- Muscular group 12** Rear upper arm (Triceps)—shapes the back of the upper arms.

- Muscular group 14** Lower back (Erector Spinae) - prevents, to a large extent, articular disc trouble after exercising.
- Muscular group 15** Posterior (Gluteals)—Prevents undesired seat flesh after exercising. (This muscular group is not illustrated.)
- Muscular group 16** Rear thigh (Biceps Femoris)—is exercised reciprocally with group 6.
- Muscular group 17** Inside thigh (Vastus Internus)—corrects considerably, by its construction, thighs which appear not to be straight.
- Muscular group 18** Lower foot (Plantars)—is strengthened to prevent foot deformation.



A doctor on the subject of muscular training

Gert F. Kölbel the athletic expert has developed a completely new type of equipment with his Bullworker. This operates by traction or pressure. This all round equipment meets the requirements of many doctors specialising in athletics, in terms of a versatile training apparatus which is effective and can be handled without danger.

By his continuing investigations to discover modern training methods, Gert F. Kölbel has shown how it can be done. The various types of training for which this equipment is suitable are as follows:

Training of the muscular power only. By single muscular tensions for 7 seconds against high resistance, according to the isometric strength training method.

Endurance training. By several muscular tensions against high resistances (isometric training).

Resilience training. By repeated, very rapid muscular tensions against average resistance, and rapid muscular relaxation.

Muscular metabolism training, designed to train for muscular endurance leading to an improvement of the blood stream through the muscles, by enlarging the fine blood vessels through a series of muscular tensions against small resistance.

Increasing muscular endurance capacity. This is done by increasing the alkali reserves of the body which prevents over-acidity of the muscles and makes it possible for it to operate without oxygen for longer periods. This is achieved by rapid successive muscular tensions against high resistance.

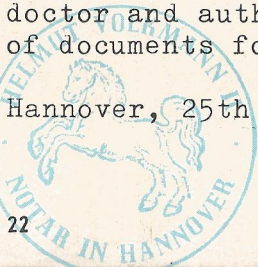
Heart circulation training by circulation-stressing exercises over a long period in the form of interval training. That is to say, powerful exercises lasting for a short time, followed by pauses of equal lengths. These are repeated several times.

Bullworker 2 training is fundamentally suitable for any kind of person, since exercise is never carried out to the point of overstrain or exhaustion.

I have followed the advertising and description of the athletic equipment made by the Gert F. Kölbel Company both in brochures and the press. It is based entirely on the facts and is scientifically reliable. I approve of the urgency of this advertising since I consider it necessary to appeal to and shock into action those of weak capability, small strength and energy, and to point out to the possibility of gaining strength through personal initiative. I consider that Bullworker 2 does a great deal for national health in this country.

This expert opinion was confirmed in writing by his signature in my presence, as his expert opinion, by a sports doctor and authenticated in my register of documents for 1964, under No. 99.

Hannover, 25th of November 1964, notary



What results can you expect in your age group?

Bullworker exercise can be recommended as early as the age of 13. Doctors specialising in athletics say that ideally one should start the exercising as young as possible and continue it to a ripe old age.

A healthy person can take up suitable exercise at any age. Doctor Hollmann, a lecturer at the Institute for Circulation Research and Physical Therapy at Cologne, has shown that exercising, even commenced at an advanced age, still has a favourable effect on heart and circulation. Men between 70 and 80 years of age have written praising the Bullworker programme stating unanimously that it was highly successful.

Of course you would never expect anyone to become a real athlete at such an advanced age, but exercise does offer the opportunity to keep your body fit and to exercise away any "tummy."

Obviously the ability to get results from your muscular system depends upon age. However, it has been calculated that you can expect the following improvements:

At the age of 16 by 100 % to 200 % total performance.

At the age of 18 by 130 % to 230 % total performance.

At the age of 20 by 150 % to 250 % total performance.

At the age of 25 by 200 % to 300 % total performance.

At the age of 30 by 200 % to 300 % total performance.

At the age of 35 by 180 % to 280 % total performance.

At the age of 40 by 150 % to 250 % total performance.

At the age of 45 by 130 % to 230 % total performance.

At the age of 50 by 100 % to 200 % total performance.

At the age of 60 by 70 % to 170 % total performance.

At the age of 70 by 50 % to 150 % total performance.

"Bullworker" gives greater all-round results than any other type of exercise

All sports develop one part of the body at a time, or only develop it to a certain limit. Either the muscular system or the circulation will be the loser. Footballers, runners and cyclists neglect the upper part of the body.

Consequently the first signs of fatigue will appear in the upper part of the body with those carrying out this type of sport. Tennis players and shot-putters make use of one arm only, which you can easily see by measuring their arm circumferences. Oarsmen neglect the muscular system of the chest, and swimmers neglect the carrying muscles.

Some other types of athletes use the muscular system below the level for growth stimulus, and have little effect on the circulation. Ordinary bodily work is both one-sided and very tiring. Daily work-outs lasting for an hour

will not provide the optimum effect on the circulation, muscular system, and body organs which scientific authorities say is necessary. Bullworker 2 will develop the body in many more ways than any ordinary athletics or sport, because it embraces **all** the important groups of muscles, and provides harmonious all round body construction and development. Bullworker exercises require a few minutes every day. Any other method takes hours every week; there is very rarely time for this and it requires an enormous degree of dedication. Furthermore, few other types of equipment offer so many possibilities for exercise as the Bullworker. This is **creative** exercising. You can use your imagination to discover countless exercises for yourself.

Endurance and resilience training

The manner in which this training is to be carried out can be seen from the medical opinion given in this brochure. Almost all exercises are suitable for this. Employment in this manner, however, is important **only for active athletes** for whom special performance in competitions is important. Endurance and resilience are required particularly in the field of football, rowing, tennis, ball games of any kind, and swimming.

Literature

Diseases through lack of movement

By H. Kraus-W. Raab
Published by P. Beckmann
Johann Ambrosius Barth
Publishing House, Munich, 1964

Isometric training of the muscles

By Dr. Med. Th. Hettinger
Georg Thieme Publishing
House, Stuttgart 1964

Interval training

By Reindell-Roskamm-Gerschler
Johann Ambrosius Barth
Publishing House, Munich 1962

Physiology of strength

By Theodor Hettinger M.D.,
Charles C. Thomas, Publisher,
Springfield, Illinois, U.S.A.,
1961

Outline of the Biology of Body Exercises

By Professor Dr. J. Nöcker,
Sportverlag, Berlin

Testing the muscular function

By Lucille Daniels M.A. etc.
Gustav Fischer Publishing
House, Stuttgart, 1962

The muscular performance of the human being

By Dr. Hermann Hoepke,
Gustav Fischer Publishing
House, Stuttgart

When should you use the Bullworker?

You should use the Bullworker whenever you have a peaceful moment. Never do it on a full stomach. The time of day at which you do it doesn't matter at all. It is often a good idea to carry out exercises when watching television, a form of entertainment which can have an alarming effect on the muscles!

Before you start your exercises please put down your body measurements on the table below. You will be surprised to find out how you have changed even after ten days! This will also give you a running check on your success.

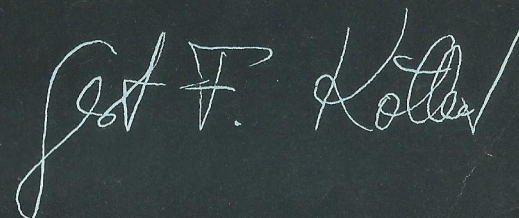
Your measurements

	1. week	2. week	3. week	4. week	5. week	6. week	7. week	8. week	9. week	10. week
Weight										
Neck										
Chest										
Up. arm										
Abdomen										
Sup. leg										
Calf										

The contents of this brochure can withstand any test

You can be quite sure that you will find no exaggerated promises here which cannot be justified. We do not illustrate any super-human beings and he-men, but show true photographs. What you see in the illustrations and read in the text you may rely upon completely. You too can achieve all this. Few other muscle developing methods deserve as much trust as the Bullworker. This brochure has been published and written with due responsibility and with the co-operation of an athletics doctor.

(Signed Gert F. Kölbel)



P.S. Please read this prospectus seriously and critically. If you have any doubts, please write to us. We are always happy to answer any questions.

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